What is claimed is:

- A shielding gas for use in the arc welding of metallic work pieces, comprising:
 argon, carbon dioxide, between about 4.5% and about 15% by volume of
 nitrogen, and substantially no helium; or
 argon, carbon dioxide, helium, and between about 3% and about 15% by volume
 of nitrogen.
- 2. The shielding gas of claim 1, wherein the shielding gas comprises argon, carbon dioxide, between about 5% and about 14% by volume of nitrogen, and substantially no helium; or argon, carbon dioxide, helium, and between about 4% and 14% by volume of nitrogen.
- 3. The shielding gas of claim 1, wherein the shielding gas comprises argon, carbon dioxide, helium, and between about 4.5% and 15% by volume of nitrogen.
- 4. The shielding gas of claim 3, wherein the shielding gas comprises argon, carbon dioxide, helium, and between about 5% and 14% by volume of nitrogen.
- 5. The shielding gas of claim 1, wherein the shielding gas comprises between about 5% and about 12% by volume of nitrogen.
- 6. The shielding gas of claim 5, wherein the shielding gas comprises between about 5% and about 10% by volume of nitrogen.
- 7. The shielding gas of claim 5, wherein the shielding gas comprises between about 6% and about 9% by volume of nitrogen.
- 8. The shielding gas of claim 1, wherein the shielding gas comprises between about 0.001% and about 5% by volume of carbon dioxide.

- 9. The shielding gas of claim 8, wherein the shielding gas comprises between about 0.005% and about 2% by volume of carbon dioxide.
- 10. The shielding gas of claim 8, wherein the shielding gas comprises between about 0.01% and about 1% by volume of carbon dioxide.
- 11. The shielding gas of claim 8, wherein the shielding gas comprises between about 0.1% and about 0.75% by volume of carbon dioxide.
- 12. The shielding gas of claim 1, wherein the shielding gas comprises about 70% or less by volume of helium.
- 13. The shielding gas of claim 1, wherein the shielding gas comprises between about 1% and about 50% by volume of helium.
- 14. The shielding gas of claim 13, wherein the shielding gas comprises between about 2% and about 30% by volume of helium.
- 15. The shielding gas of claim 13, wherein the shielding gas comprises between about 3% and about 20% by volume of helium.
- 16. The shielding gas of claim 13, wherein the shielding gas comprises between about 5% and about 10% by volume of helium.
- 17. A shielding gas for use in the arc welding metallic work pieces, consisting essentially of:

argon, carbon dioxide, between about 4.5% and about 15% by volume of nitrogen, and substantially no helium; or

argon, carbon dioxide, helium, and between about 3% and about 15% by volume of nitrogen.

- 18. The shielding gas of claim 17, wherein the shielding gas consists essentially of between about 0.001% and about 5% by volume of carbon dioxide.
- 19. The shielding gas of claim 17, wherein the shielding gas consists essentially of about 70% or less by volume of helium.
- 20. In a method for arc welding of metallic work pieces using consumable electrodes, the improvement comprising:

Supplying a shielding gas stream to a work piece adjacent to an electrode, wherein the shielding gas comprises argon, carbon dioxide, between about 4.5% and about 15% by volume of nitrogen, and substantially no helium; or argon, carbon dioxide, helium, and between about 3% and about 15% by volume of nitrogen.

- 21. The method of claim 20, wherein the method of arc welding is MSG welding.
- 22. The method of claim 20, wherein the method of arc welding is MAG welding.
- 23. The method of claim 20, wherein the work piece is composed of a rust-proof steel.
- 24. The method of claim 23, wherein the work piece is composed of a material selected from the group consisting of nickel-based materials, specialty steels, and high-alloy steels.
- 25. The method of claim 20, wherein the shielding gas comprises argon, carbon dioxide, between about 5% and about 14% by volume of nitrogen and substantially no helium; or argon, carbon dioxide, helium, and between about 4% and 14% by volume of nitrogen.
- 26. The method of claim 20, wherein the shielding gas comprises argon, carbon dioxide, helium, and between about 4.5% and 15% by volume of nitrogen.

- 27. The method of claim 26, wherein the shielding gas comprises argon, carbon dioxide, helium, and between about 5% and 14% by volume of nitrogen.
- 28. The method of claim 20, wherein the shielding gas comprises between about 5% and about 12% by volume of nitrogen.
- 29. The method of claim 28, wherein the shielding gas comprises between about 5% and about 10% by volume of nitrogen.
- 30. The method of claim 28, wherein the shielding gas comprises between about 6% and about 9% by volume of nitrogen.
- 31. The method of claim 20, wherein the shielding gas comprises between about 0.001% and about 5% by volume of carbon dioxide.
- 32. The method of claim 31, wherein the shielding gas comprises between about 0.005% and about 2% by volume of carbon dioxide.
- 33. The method of claim 31, wherein the shielding gas comprises between about 0.01% and about 1% by volume of carbon dioxide.
- 34. The method of claim 31, wherein the shielding gas comprises between about 0.1% and about 0.75% by volume of carbon dioxide.
- 35. The method of claim 20, wherein the shielding gas comprises about 70% or less by volume of helium.
- 36. The method of claim 20, wherein the shielding gas comprises between about 1% and about 50% by volume of helium

- 37. The method of claim 36, wherein the shielding gas comprises between about 2% by volume and about 30% by volume of helium.
- 38. The method of claim 36, wherein the shielding gas comprises between about 3% by volume and about 20% by volume of helium.
- 39. The method of claim 36, wherein the shielding gas comprises between about 5% by volume and about 10% by volume of helium.